

RELATING: OFF-KEY OR PERFECT MASH-UP? PG6



Metro wins newspaper of the year award

SPAIN Metro International SA has just been named Newspaper of the Year at the Festival of Media Awards, in Valencia, Spain.

The awards celebrate innovation and creativity and are widely recognized as the largest celebration of media in the industry. Metro International won this prestigious title over internationally acclaimed publications including the Financial Times, the Wall Street Journal and The New York Times.

"Metro has been dedicated to inventing new and creative formats for advertisers for the past decade and on behalf of all our amazing staff I'm very, very proud to have been given this honour," said CEO Per Mikael Jensen.

The award, which is a new category this year, celebrates newspapers' heritage and honours the balance of "publishers and editors working in harmony."

Local pg 2



Superstore pushes cloth

Food pg 14

Gems grown under glass

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Celebrity Buzz



Curvy Jessica hits the gym pg 18

Smart Trip



Deputy Mayor David Hendsbee tries out one of the HRM's three new Smart cars yesterday in Dartmouth. HRM staffers can now use these environmentally friendly vehicles when travelling for work, which is part of the municipality's Smart Trip program to encourage more sustainable transportation.

Smart car

PHOTO BY JEFFREY OAKLEY FOR METRO

Pilot, crew of hijacked plane ask for privacy

CANJET The pilot of the CanJet flight hijacked in Jamaica earlier this week called it "one of the worst nightmares of every passenger, pilot or flight attendant."

Capt. James Murphy of Halifax released a statement yesterday through Canjet and said the plane's staff is touched by the support and praise they've received this week, but is asking for privacy as they work through the ordeal.

"As professionals, we are trained to deal with what happened, but living through it is something else," he wrote.

"Someday we may feel able to talk openly about it. But right now, we need some privacy."

Murphy also wrote about the staff being mentioned as heroes.

"We did what we had to do and what we were trained to do," he wrote. "The passengers for whom we were responsible coped so well and that should never be forgotten."

The five flight attendants who were on the Canjet flight are now on paid leaves of absence, their union announced yesterday.

The Canadian Union of Public Employees said the workers who were aboard Flight 918 will receive counselling "when they feel ready."

"Someday we may feel able to talk openly about it."

Capt. James Murphy

\$1799

Fry truck moving on

Bud The Spud up for sale to right people as True family retires

KRISTEN LIPSCOMBE



Bud and Nancy True are putting the parking brake on their popular downtown Halifax chip truck, at least until another fry-loving couple offers to take the wheel.

The owners of Bud The Spud, the fast-food staple seen outside the Spring Garden Road Memorial Library every summer since 1977, said yesterday they're putting the deep fryer away and plan to enjoy retirement to its fullest.

Bud and Nancy, both 67, said they're willing to pass on their secret recipe to the right people, so that the Bud The Spud name can carry on its tra-

"We're getting a little bit older ... and our bodies are starting to say 'you better slow down,'" Bud said from their St. Margaret's Bay Road home. "It's a younger person's work when you're handling a lot of pop and a lot of 50-pound bags of potatoes."

Bud and Nancy, both 67, said they're willing to pass on their secret recipe to the right people, so that the Bud The Spud name can carry on its tra-

dition of "homemade French fries only."

"We'll show them how it's done," he said. "It takes one good french fry lover, to begin with."

The perfect fries also require 100 per cent pure vegetable shortening,

"always," quality

P.E.I. potatoes

and good

'ol Heinz

ketchup.

But that's pretty much all the information the Trues would share.

Although the Trues de-



tender for the truck's Spring Garden hot spot, Bud said there are plenty of prime downtown locations still available for anybody interested in buying the business. "Now is the time to sell it for the season to come."

Nancy said she hopes to "de-clutter the house," while both she and Bud are looking forward to doing some travelling. Although their small business is a Halifax institution, they're originally from Ottawa.

"We're lucky to have really good customers," Bud said. "We're just very grateful; very thankful."

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Four communities, including Shearwater, were announced yesterday as recipients of the 2009 Lieutenant-Governor's Community Spirit Awards. Brookfield, South Mountain, Richmond Co. and St. Andrew's Antigonish Co. were also selected from 17 nominations for the awards, which were launched in 2007. METRO HALIFAX

Local

Stars On Ice hits Metro Centre

Stars On Ice featuring Canadian figure-skating stars Kurt Browning, left, Jeffrey Buttle, and Jamie Salé and David Pelletier is taking place tonight at the Halifax Metro Centre at 7 p.m. Tickets are still available, with adult tickets ranging in price from \$32 to \$102. Also headlining is American Olympic silver medalist Sasha Cohen.

METRO HALIFAX

House fires suspicious: Cops

Arson suspected in damage of 3 homes under construction

PHILIP CROUCHER
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One home under construction was fully engulfed in flames with another two receiving less damage early yesterday morning in a series of fires on a new Dartmouth street that police say is suspicious.

"The general investigative section will investigate it as what will no doubt be an arson," said Halifax Regional Police Const. Jeff Carr.

At 5:51 a.m., someone reported a fire at a nearly completed house at Lot 225 on Marshall Street near Avenue du Portage in Dartmouth's east end. When fire officials arrived on the scene, the unoccupied home was engulfed in flames.

CBC reported last night the house was recently purchased and was to become occupied by a family with a young child in the next few weeks.

"The house was fully involved. We went into a defensive attack initially," said fire spokesperson Mike Blackburn. "Once the fire was knocked down, we were able to enter the first



A house was engulfed in flames and destroyed early yesterday morning on Marshall Street in Dartmouth, one of three to catch fire on the new street. Police are calling the three fires suspicious and believe it was arson.

level only. The structure is now unsafe due to possible collapse."

Fire damage was later discovered inside two other nearby homes also under construction. Carr said there was damage in the basement of one of these homes, and the main level

of the other.

"They're the only three houses apparently in that immediate vicinity. It's a new area under development and those are the first three homes — one was near completion and the other two were at earlier stages," Carr said.

"But with fires inside all three of them, obviously it's suspicious."

Investigators spent the entire day looking through and around the homes for evidence.

The homes all belong to the same developer, K.J. Ghandi.

Superstores pushing cloth over plastic

KRISTEN LIPSCOMBE
For Metro Halifax

INITIATIVE Atlantic Superstores are asking customers to "bring it," but reaction to a new policy encouraging them to carry their groceries home in cloth instead of plastic is a bit of a mixed bag.

Loblaw Companies Ltd. stores across the country chose Earth Day to kick off the campaign, charging five cents per plastic bag. But while some people walking out of the Atlantic Superstore on Barrington Street seemed pleased with the environmentally friendly move, others weren't as impressed.

"It annoys me, because I find that (you have) to pack your own groceries, buy your own bags and the price of things are still going up," Amanda George of



A sign in the Atlantic Superstore location on Joseph Howe Drive shows the store's new policy of charging five cents per each plastic bag used.

Dartmouth admitted as she pushed her cart out onto the rainy parking lot.

The busy mother of three said she understands that the positive purpose

behind it is "to keep the plastic bags out of the landfill," but said she doesn't think grocery stores should be pushing the policy on customers.

"Oh well, it's good for the environment," said George, who ended up spending about two dollars for four cloth bags. "They were half-price today."

Meanwhile, Lisa MacDougall of Halifax applauded Atlantic Superstores for the forward-thinking initiative.

"I heard it on the news, so that prompted me to remember," she said. "Anything green is good."

Loblaw said it hopes to divert one billion plastic shopping bags from landfills by the end of the year, and it plans to donate partial proceeds from this new campaign to the World Wildlife Fund of Canada.

Taser inquiry to be webcast

COURT The inquiry into how and why Howard Hyde died in police custody will take place in the most public realm possible — the Internet.

Judge Anne Derrick ruled yesterday in Halifax provincial court the inquiry will be webcast when it begins July 6.

It will be the first fatality inquiry in Nova Scotia to be aired live online, lead counsel Dan MacRury confirmed yesterday.

"It's a step forward in the administration of justice," said MacRury. "The inquiry's whole purpose is to ask questions ... (about)

what happened to Mr. Hyde and to be as transparent as possible. I think it's important the general public know what's going on."

Hyde, 45, died Nov. 22, 2007, about 30 hours after Halifax Regional Police shocked him with a stun gun at their headquarters. The Dartmouth man had a history of paranoid schizophrenia.

MacRury said the webcast will also allow Hyde's family south of the border to follow the inquiry, which was ordered by the province last fall.

KRISTEN LIPSCOMBE/
FOR METRO HALIFAX

62 acres granted protection

WILDLIFE The Nova Scotia Nature Trust announced yesterday the permanent protection of an area of land in southwest Nova Scotia.

The conservation group said it has acquired a 62-acre property on Cameron Lake in Queens County that is home to two of

Canada's endangered species — the Redroot plant and the Eastern Ribbonsnake. The land is also home to undeveloped shoreline wetlands and marshes.

The Redroot plant can be found in just a few lakes in southwest Nova Scotia.

METRO HALIFAX

Stranger approaches boy, 11

WARNING Halifax Regional Police are reminding parents to make sure their children are taught to never accept rides from strangers after the parents of an 11-year-old boy contacted police Tuesday evening to report their son was approached for a ride by a stranger while walking home from school.

Police said at about 4:20 p.m., the boy was walking on Walcot Run near Brook

Street in the Fairmount area when he was approached by a vehicle that stopped next to him. The driver asked him to get in, but the boy immediately ran home.

The boy said the car was an older-model beige sedan. He described the driver as a white man in his 50s with a long white beard, who may have spoken with a stutter.

METRO HALIFAX

News in brief

ATTACK Halifax Regional Police say three teenaged girls assault a 22-year-old woman while trying to steal her purse yesterday morning at Morris and Queen streets. Each of the youths, aged 13, 15 and 16, is charged with robbery, assault, uttering threats and breaching probation. The victim was not injured.

CAR ACCIDENT A 15-year-old was hit by a car while legally crossing the street on Rainnie Drive yesterday at about noon. The victim was transported to hospital with minor injuries.

The 62-year-old driver was ticketed for failing to yield to a pedestrian in a crosswalk.

METRO HALIFAX

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What's online today.

Video Jim Flaherty sees positive economic signs, but warns unemployment will remain high at [metronews.ca/canada](#)

Blog Hollywood Rants blasts Billy Bob Thornton's unapologetic appearance on Jimmy Kimmel



Lotteries

Lotto 6/49: 10, 12, 21, 38, 41 & 42 Bonus 28

These results are not official.

Debert firm receives payroll rebate

The province, through Nova Scotia Business Inc., is giving Debert-based Peter Kohler Windows and Entrance Systems a five-year payroll rebate up to \$930,000 to help create as many as 150 new jobs. **METRO HALIFAX**

Computer info at risk: Report

Auditor general cites 'significant deficiencies' in IT security

PAUL MCLEOD
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Valuable information is at risk of being stolen from government computers, the province's auditor general reported yesterday.

Jacques Lapointe said the province's computer security is not strong enough, and information such as driver's licences, birth certificates or financial information could be stolen by hackers.

"Information on computers is always at risk. It's a question of how much," Lapointe said.

"What we are saying is certainly the IT organization in this government is not doing anywhere near what it needs to do to protect that information."

The warning came as part of Lapointe's spring report to the legislature. The report concluded that there were "significant deficiencies" in IT security.

Lapointe said the province faces a deluge of viruses and attempted intruders daily and needs to improve its systems.

The report includes 21 recommendations to beef up security.

Premier Rodney MacDonald said his staff would take the recommendations seriously, but he believes the province's IT systems are safe. He said the Tories have invested heavily in the IT field and plan to invest more as part of their stimulus plan.

The premier used the issue to try to put pressure on the opposition to pass his party's budget.

"It takes significant in-



Nova Scotia's auditor general Jacques Lapointe speaks to reporters yesterday in Halifax after releasing his spring report.

Premier denies recommendations ignored

It's become a reoccurring theme — the province's auditor general doesn't think the government is taking his recommendations seriously.

Jacques Lapointe tabled his spring report to the legislature yesterday and scolded the government for only implementing 39 per cent of his recommendations since 2006. Lapointe has made similar comments with his last few reports.

"I frankly think that acting on these recommendations has simply not been a priority for government or for management," Lapointe said yesterday. "I can't give you statistics on the kind of implementation rates in other provinces. But I know we're on the low end. And I know that most of my colleagues don't

deal with anywhere near this kind of implementation rate."

Lapointe said he doesn't understand why about 90 per cent of changes wouldn't be made — leaving some wiggle room for changing circumstances

and disagreement.

But later in the day Premier Rodney MacDonald told reporters that his government actually was in the process of implementing 90 per cent of the recommendations. He said some just take longer than others — possibly years depending on how much consultation is necessary.

"You can't just look at the

items that are completed. You have to look at the package in its entirety," MacDonald said.

"When you take a look at what's been done thus far we're about 90 per cent of the way either completed or in progress."

One major area of concern outlined in yesterday's report is truck safety. It says safety inspections and enforcement are highly flawed and dangerous vehicles could be slipping through the cracks.

Under-staffing, predictable weigh-scale schedules and a general lack of accurate information were all listed as problems. The absence of formal inspection guidelines also resulted in some inspectors writing up no infractions in 2008, while others wrote as many as 500.

vestment on the information technology side. That's why I'm hoping the

budget will go through. Because, if we don't have the budget go through we

don't have the capital spending we need," MacDonald said.

Green mark shows room for growth

ENVIRONMENT It's a passing grade for us, barely.

Canada's First Green Provincial Report Card was released this week by Corporate Knights, with Nova Scotia getting a grade of D, or 53 per cent.

The report card considered environmental performances across 10 equally weighted categories, including greenhouse gases, car dependency and water use. It also adjusted for size of population and economy.

British Columbia was tops in the country at 69 per cent (C+). Last place went to Prince Edward Island, which received a failing grade of 32 per cent (F).

METRO HALIFAX

Cobequid eastbound lane open

ACCIDENT The Cobequid Pass on Highway 104 has reopened one eastbound lane after repairs and assessments were completed following an accident Monday.

In that incident a five-tonne truck slammed into a toll booth injuring

three, including a toll booth worker.

The Department of Transportation also announced yesterday that to avoid lengthy delays, tolls would continue to not be collected until the second eastbound lane can be reopened.

A witness of Monday's accident said the truck took out half a dozen concrete traffic barriers before shearing off the side of the building attached to the booth.

The investigation into the cause of the crash is continuing. **METRO HALIFAX**

Glace Bay apartment fire leaves 7 homeless

INVESTIGATION Police and fire officials are investigating a fire that broke out in a six-unit apartment building yesterday in Glace Bay, leaving seven people homeless.

Jim Taylor, fire chief of the Glace Bay Fire Volunteer Fire Department and

a member of the Cape Breton Regional Police Service identification unit, said the fire broke out in a ground floor unit, where the owner Milton McNeil lived.

"He went to Tim Hortons at about 6 a.m. The fire broke out in his apart-

ment in the meantime," he said.

One of the tenants and a firefighter banged on doors to wake the other tenants up. There were working smoke detectors in the units. McNeil's cat died in the blaze.

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Canada



Schreiber claim denied

The assertion by Karlheinz Schreiber, left, that Brian Mulroney wanted to keep secret his controversial \$300,000 cash payment for lobbying was blown out of the water yesterday by one of Schreiber's own lawyers. Schreiber's Edmonton lawyer Robert Hladun told a public inquiry probing Mulroney's business relationship with Schreiber that Mulroney did no such thing.

TORSTAR NEWS SERVICE

Math skills lagging, expert says

EDUCATION For math prosector Dr. Arvind Gupta, the financial meltdown is only the thin edge of the wedge.

"That's a game," Gupta said yesterday, sitting a short walk from the foot of Bay Street. "The financial system is there to sell you instruments that make them money. And people don't understand what they're buying."

For Gupta, the math problem in this country is deeper and more systemic.

"If we had more mathematical sophistication, we could reason better about the world around us," he said. "The truth is, I meet a lot of mathematicians who don't understand their finances. Very few of us understand what happened in this economic crisis."

That's a measure of how complex the world has become. And as the numbers grow more abstract, Gupta warns, our ability to process them continues to recede. He quotes studies showing that kids start out loving math — 85 per cent of them say so in Grade 3. By Grade 8, that number has nose-dived to 25 per cent. Gupta believes that has a lot to do with the weak math skills of average adult Canadians.

"You've got this whole population who are at this middling level ... Their parents are starting to struggle. The teachers aren't really well versed beyond that level."

TORSTAR NEWS SERVICE

Canadian hostages freed

Diplomats, European tourists released by al Qaida north African wing

Two Canadian diplomats and two European tourists held hostage by al Qaida's north African wing in the Sahara desert have been released, a spokesman for Mali's president said yesterday.

Canadian Robert Fowler, a United Nations envoy to Niger, disappeared with his aide last December, while four tourists — two Swiss, a German and a Briton — were kidnapped on the Mali-Niger border in January.

"We confirm the release of four hostages," Seydou

Cissouma, a spokesman for Mali's president, told Reuters. He said they were the Canadians and two female tourists.

The freed tourists are from Switzerland and Germany.

Earlier this month, a Malian security source said a team of mediators was negotiating the release of the European tourists.

Sources at the United Nations confirmed Fowler and his assistant, Louis Guay, were free.

In Ottawa, a relative of Fowler's, Member of Parlia-

Statement

- Al Qaida's north African wing had said it was holding the four tourists, who were taken from Mali into the neighbouring Saharan state of Niger, as well as the two Canadians.

ment Dominic LeBlanc, said his understanding was that Fowler was being taken by Malian authorities to the capital of Bamako, and his family hoped to meet him in Europe in a few

days.

"Our information is Mr. Fowler is in the custody of the authorities of the government of Mali," LeBlanc said. "They would insure his safety in order for him to get to Bamako, at which point Canadian officials will obviously provide the care ... and hopefully expedite him quickly to visit his family."

Analysts say the Sahara desert in West Africa has become increasingly insecure and the lines between ideology and criminality are blurred.

TORSTAR NEWS SERVICE

Economy not out of woods: Official

G7 MEETING The Group of Seven leading industrialized nations will signal at a meeting in Washington this weekend that there are glimmers of economic hope but that the global economy is not out of the woods yet, a senior Canadian finance official said yesterday.

The official, briefing reporters on condition of anonymity, said people have been frustrated at how long it has taken to isolate toxic assets held by banks around the world — seen as a precondition for economic recovery. However, the U.S. is making progress in this area, he added.

TORSTAR NEWS SERVICE

Poll Tories losing ground



BLAIR GABLE/REUTERS

Prime Minister Stephen Harper speaks yesterday during question period in the House of Commons on Parliament Hill. A new poll puts the Liberals at 32 per cent, the Conservatives at 29 per cent, the New Democrats at 16 per cent, the Greens at 11 per cent and the separatist Bloc Québécois at nine per cent.

Morning sickness, intelligence linked

STUDY Julie Mindel says she is not the vomiting kind.

But for her first two children, now five and seven, she was basically bowled over with nausea during the initial trimester of pregnancy.

"With my first two, for the first three months I was just nauseous all the time," says Mindel, a prenatal instructor at the Becoming Maternity and Parenting Centre in Toronto.

And though she is on a morning sickness drug this third go-round, Mindel has still had her sickening moments since she conceived four months ago.

But for Mindel — and all expectant mothers who suffer from morning sickness — there may be rewards beyond bundles of wiggling joy to make up for.

gut-churning gestations.

A new study out of Toronto's Hospital for Sick Children found babies whose mothers experienced morning sickness later tested a few IQ points higher than the children of kids whose mothers had nausea-free pregnancies.

"In a very popular way it kind of says that this suffering is for a good cause," says Dr. Gideon Koren, a top Sick Kids pediatrician and the senior study author.

"So it's very reassuring to know that your severe experience right now is likely to have a good outcome."

Indeed, Koren says, the worse the morning sickness in the mothers, the more pronounced the child's intelligence boost became.

TORSTAR NEWS SERVICE

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French politician turns to Facebook to announce pregnancy

The French minister responsible for the country's digital economy, Nathalie Kosciusko-Morizet, announced yesterday that she was pregnant and used social networking site Facebook to do it. **REUTERS**

World



Third paternity claim for Lugo

A third woman in two weeks has claimed that Paraguay's bishop-turned-president Fernando Lugo fathered her child, intensifying a political scandal that has made him the butt of lewd jokes and even a pop song. Damiana Moran, a 39-year-old teacher, told local media that Lugo was the father of her one-year-old son and she was negotiating child support with the president's lawyer.

REUTERS

U.S. threatens Iran sanctions

U.S. Secretary of State Hillary Clinton yesterday threatened crippling sanctions against Iran if it did not end its nuclear program after Tehran offered talks with major powers.

Clinton told U.S. lawmakers she was under no illusions about the difficulty of engaging Iran successfully.

"We are also laying the groundwork for the kind of very tough ... crippling sanctions that might be necessary in the event that our offers are either rejected or the process is inconclusive or unsuccessful,"

Clinton told the House foreign affairs committee.

Clinton's tough talk came as Iran, in a statement, said it believed discussions could resolve disputes between the Islamic republic and the West, but it said Tehran would press ahead with its work to develop atomic energy.

The statement was Tehran's response to an invitation this month by six world powers to discuss the nuclear issue, according to Iranian television.

Last week, President Mahmoud Ahmadinejad said Iran had prepared pro-

Don't 'give in' to N. Korea: Clinton

- Clinton said yesterday that Washington wanted to resume six-nation nuclear talks with North Korea and urged the world to not "give in" to the North's "unpredictable behaviour."

The North said it would boycott the disarmament talks after the UN Security Council de-

cided to tighten existing sanctions on Pyongyang over its April 5 launch of a long-range rocket. In addition, the North said it would restart a plant that makes bomb-grade plutonium and threaten war with South Korea if it joined a U.S. initiative to halt the proliferation of illicit weapons.

posals to end the dispute, without giving details.

Clinton said the United States believed its decision to engage Iran over its nu-

clear program and other issues would increase U.S. leverage among other major powers to impose sanctions if talks fail.

REUTERS

Global climate deal riding on U.S. laws: Adviser

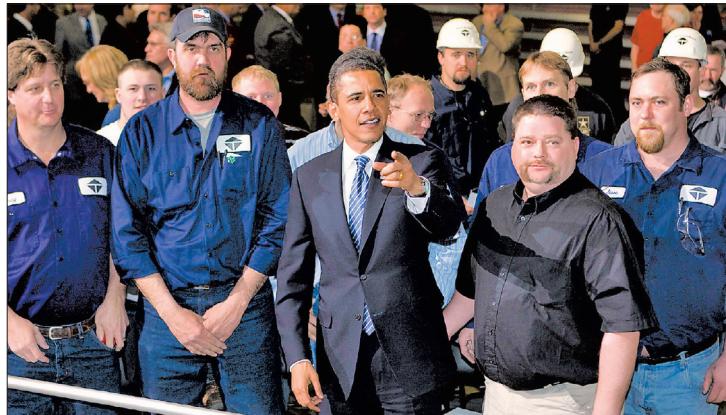
WASHINGTON U.S. President Barack Obama's top climate negotiator warned yesterday that international efforts to tackle global warming are doomed unless the U.S. enacts laws to limit emissions.

"There will be no new global deal if the United States is not part of it and we won't be part of it unless we are on track in enacting our own domestic plan," Todd Stern told the Senate Foreign Relations Committee.

Countries from around the world are scheduled to meet in Copenhagen in December to try to embrace a new plan for attacking climate change problems.

"Unless we stand and deliver by enacting strong, mandatory nationwide climate and energy legislation, the effort to negotiate a new international agreement will come up short," Stern said.

He said the Obama ad-



U.S. President Barack Obama poses with workers at Trinity Structural Towers Manufacturing Plant, a wind energy production facility, during an Earth Day visit in Newton, Iowa yesterday.

ministration will unveil a series of proposals to be discussed in Copenhagen. An April 24 deadline for those plans can only be extended slightly, he said.

The House is taking the lead in Congress in an ef-

fort to write legislation imposing tough new caps on emissions of carbon dioxide and other pollutants that are dumped into the atmosphere by sources including manufacturers and utilities.

REUTERS

Energy sources

- President Barack Obama urged the U.S. yesterday to take the lead in developing renewable energy sources.

now took place in southern Afghanistan, where the United States plans to deploy thousands of troops to reinforce Canadian, British, Dutch and other NATO soldiers.

The Taliban and other insurgent groups have been strongest in eastern and southern Afghanistan but U.S. Army Maj.-Gen. Michael Tucker said security had improved this year in the east, where U.S. forces lead NATO troops.

He said about 80 per cent of insurgent activity

REUTERS

Major progress made in eastern Afghanistan: U.S.

KABUL U.S. and NATO forces are close to achieving "irreversible momentum" in their battle with insurgents in eastern Afghanistan, a senior commander said yesterday.

The Talib and other insurgent groups have been strongest in eastern and southern Afghanistan but U.S. Army Maj.-Gen. Michael Tucker said security had improved this year in the east, where U.S. forces lead NATO troops.

He said about 80 per cent of insurgent activity

REUTERS

Security blunder

- The raids began hours ahead of schedule after a blunder by Britain's top counter-terrorism officer, Bob Quick. A secret document on the operation was photographed as Quick carried it to a briefing.

ficials and face deportation on national security grounds. Prosecutors said there was insufficient evidence to justify holding them any longer or bringing them over to immigration of

REUTERS

News in brief

SRI LANKA Thousands more civilians surged out of Sri Lanka's war zone yesterday while soldiers and Tamil Tiger rebels fought the apparent endgame of Asia's longest-running war. In the third day since troops blasted a massive wall built by

the Liberation Tigers of Tamil Eelam and unleashed the exodus, the military said at least 100,000 had been registered for transit to refugee camps. The military says troops now control all but 13 square kilometres of the island.

REUTERS

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Comment

The man and his music

Tunes go a long way in determining couple compatibility

Relating

Andrea Woo

metronews.ca/woo

"Men profess to be lovers of music, but for the most part they give no evidence in their opinions and lives that they have heard it." — Henry David Thoreau.

As someone whose life is inextricably woven with music, I harbour a deep suspicion for anyone who doesn't listen to much of it.

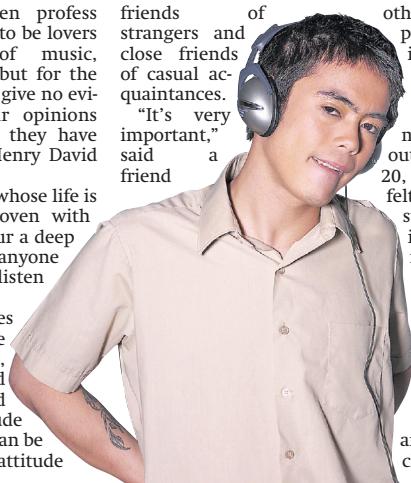
This carries over into the dating arena, where it could be well-argued a man's attitude toward music can be telling of his attitude

toward romantic relationships.

Music, after all, is a marker of cultural identity. It can permeate every facet of life — work, friends, hobbies, appearance — and shape the people they become.

It can make fast friends of strangers and close friends of casual acquaintances.

"It's very important," said a friend



On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

and fellow audiophile of sharing similar musical tastes with a significant other. "It implies compatibility and common interests — possibly even social views."

One girlfriend tells me she dated a man until she found out he likes Matchbox 20, at which point she felt "meh." Another who suspects her boyfriend is gay was all furrowed brows upon learning he loves Lady Gaga.

Individual artists aside, a person's passion for music can speak volumes about his or her character.

A man who has amassed shelves of classic vinyl records,

for example, has invested time, money and effort into something he is passionate about. A Top 40 fan, not so much.

Hipster doofuses who make grand efforts to find the most obscure music possible — "It's these two Icelandic dudes with oboes and rainsticks!" — are probably as pretentious in other areas of life.

It can also be deduced a hip-hop head won't likely be procreating with the fragile emo kid any time soon. Same goes for the classical jazz fan and the raver who tweaked through the '90s to ATB and Vengaboys.

That said, there is the occasional pairing of those who many would never expect to work, but do. They are the left-field collaborations, the seamless blends — the perfect mash-ups.

Andrea Woo is a Vancouver-based news and entertainment reporter. She won this column in a carnival dart game.



Worth mentioning

Eskimo candy complaint gets frosty Kiwi reception

By her own calculation, Canadian tourist Seeka Lee Veevee Parsons is the most disliked person in New Zealand right now just because of what she insists she is not: An Eskimo.

The Inuit woman is garnering headlines — and animosity — for suggesting a favourite New Zealand candy, the Eskimo Lolly, is racist and improper.

Veevee Parsons said yesterday that she has been shocked at the hostility she has created in the country she loved from the time she arrived two months ago by simply raising the issue of the candy she saw recently in a New Zealand store.



"Calling someone an Eskimo is no longer responsible," said the 21-year-old who is from Nunavut, but has been on an extended work holiday in New Zealand.

"When I was a kid, they used to call me a dirty Eskimo girl and it's a term that shouldn't be used anymore especially on a candy. Is it right that people go around eating shapes of people of another culture?"

The Eskimo Lolly, described as "cherished" and a "treasure" to New Zealanders, is a multi-coloured marshmallow candy in the shape of a person wearing a thick hooded jacket in front of an igloo.

Veevee Parsons, who is working at an organic farm near the city of Rotorua, said she made the comments to a TV station after being interviewed at a tourist information booth she was visiting.

Ever since the story about her complaint went on one TV station earlier this week, Veevee Parsons has been interviewed nearly a dozen times and viewers and readers have been responding by the thousands to her concerns. Most of the response has been personal attacks against Veevee Parsons including some telling her to go home and others insisting she shut up.

Daniel Ellis, spokesman for Cadbury/Pascall, the maker of the candy in New Zealand, said in an interview he's been surprised by the strong public opinions provoked by Veevee Parsons' comments.

TORSTAR NEWS SERVICE

Views

Naiveté and international hypocrisy



Mona Eltahawy
Global View

"Morin's mother has threatened to sue the Canadian government for negligence if it doesn't do more to help her daughter."

If pirates were holding Nathalie Morin and her three children hostage would the Canadian government rescue her?

Morin, 24, is the Canadian woman who claims her Saudi husband Samir Said Ramthi Al-Bishi — whom she met in Canada — is holding her against her will in the kingdom, infamous for its appalling women's rights record. Morin's mother has threatened to sue the Canadian government for negligence if it doesn't do more to help her daughter.

Morin moved to Saudi Arabia in 2005, taking the Canadian-born child she had with

Bishi with her. The couple has since had two more children, one of whom — according to Morin's mother — was conceived after rape.

Morin, who complained to her mother Bishi beats her and will not let her leave their apartment alone, visited Canada in 2006, but returned to Saudi Arabia saying she couldn't be without her children. Since then, Bishi has apparently refused to give her permission to travel, a requirement in the ultra-conservative kingdom.

Alleged marital rape? No leaving the house or travel without your husband's permission? Sound familiar?

Surely questions that should trouble Canada where horrified headlines recently chastised Afghan President Hamid Karzai for signing a law that allowed marital rape and barred women from leaving home without a husband's permission.

Where are the horrified headlines over women's rights in Saudi Arabia? Morin admitted it was a mistake to move to Saudi Arabia, so those who want her to lie in the bed she made of her own naivete can move on.

But it is precisely those shouting "she should've known better" who should answer my pirate question.

Did they blame U.S. Capt. Richard Phillips and his crew for sailing along a stretch of water where Somalis pirates had taken dozens of hostages?

I don't believe invasions can liberate women. Laws that guarantee equality and protect women's rights are more important than guns and tanks. But as a Muslim woman who has lived in Saudi Arabia and experienced that country's gender apartheid firsthand, I also know that when it comes to women's rights and international outrages some countries, to borrow from George Orwell, are more equal than others.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

It's your turn to tell others what you think. Email your thoughts and opinions to: halifaxletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

100M oil barrels stored at sea: FrontlineOil companies are storing close to 100 million barrels of crude oil at sea, the highest in recent times, according to independent oil tanker owner Frontline. **REUTERS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

The DAILY BUSINESS BUZZ

Halifax native praised:

Institutional Investor magazine has named Halifax native Robert P. Kelly, the chairman and chief executive officer of the Bank of New York Mellon Corp., among America's best CEOs.

Cape Breton lauded for affordable housing:

Cape Breton has received a Demographia International Affordable Housing Market Award, says the Nova Scotia Association of Realtors. Cape Breton ranked No. 1 of 10 cities found to have affordable housing out of 34 Canadian Markets.

IMP, union back to table: Representatives from IMP Aerospace Components and its unionized workforce are going back to the negotiating table in early May in hopes of hammering out a new contract. Members of Local 4883 of the United Steelworkers of America rejected the company's previous contract offer last weekend.

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DAILY BUSINESS BUZZ
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Risk of defaults on rise: Report

Job losses threaten homeowners

Canadian mortgage holders are facing significant challenges with a risk of increased mortgage defaults in the months ahead due to an uncertain jobs market, says a report.

Eight per cent of Canadian mortgage holders (representing 425,000 homeowners) indicated that being able to make a mortgage payment is currently an issue or concern, says a survey by the Canadian Association of Accredited Mortgage Professionals released yesterday.

Meanwhile, another 18 per cent of respondents reported that either themselves or a primary earner in the household had lost a job in the past six months.

"The greatest risk facing the Canadian mortgage market is job loss," said Will Dunning, chief econo-

Falling behind

- Mortgages in arrears at the end of January were at 0.36 per cent, representing 14,024 mortgages, up from 0.27 per cent, or 10,100 mortgages, at the same time last year, says the Canadian Bankers Association.

mist for the association and author of the report.

About two per cent of Canadians report negative equity in their homes, where the value of the mortgage is greater than the value of the home. Another eight per cent have less than 10 per cent equity, says the report.

If house prices were to fall further, there would be an increase in homeowners with negative equity.

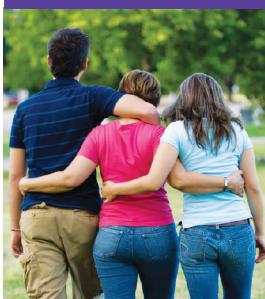
TORSTAR NEWS SERVICE

Business in brief

FORECAST Federal Finance Minister Jim Flaherty yesterday maintained his assumption of a nominal GDP decline in

Canada of 2.7 per cent this year, saying that fiscal stimulus was now entering the economy.

REUTERS



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- Keynote Speaker: Dr Philip Tibbo, Dr. Paul Janssen Chair in Psychotic Disorders
- Entertainment: Ms. Judy Savoy, a well-known Nova Scotian comedian, and Ms. Shannon Walsh, a local recording artist
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For more information, please visit: www.ssns.ca

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Panama,from.....	3.9 ¢	Colombia,from.....	3.9 ¢
Uruguay.....	7.9 ¢	Dominican Rep.	6.9 ¢
Venezuela.....	2.9 ¢	Mexico,from.....	2.9 ¢

Middle East

Bahrain.....	5.9 ¢	Kuwait.....	6.9 ¢
Egypt.....	14.9 ¢	Oman.....	17.9 ¢
Iran,from.....	3.9 ¢	Saudi Arabia,from.....	3.9 ¢
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*The \$25 coupon will be mailed and must be returned for credit to be applied to account. 1 year term required. ¹ Credit for monthly fee will be applied to third month's invoice. Unlimited Canada does not include calls to the Yukon and N.W.T.

Former Chicago Bear William (The Refrigerator) Perry remains in hospital in serious condition in South Carolina. The 46-year-old has been in hospital to deal with complications from Guillain-Barre Syndrome, a chronic inflammation disorder of the peripheral nerves. METRO NEWS SERVICES

Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

Sports in brief

NHL Anaheim Ducks forward Bobby Ryan, Columbus Blue Jackets goaltender Steve Mason and Chicago Blackhawks forward Kris Versteeg are the finalists for the Calder Trophy as the NHL's rookie of the year, the league announced yesterday. The trophy will be handed out June 18 at the NHL Awards in Las Vegas. METRO NEWS SERVICES

SCOREBOARD

NHL

STANLEY CUP PLAYOFFS
YESTERDAY'S RESULTS
Boston 4 Montreal 3 (Boston wins series 4-0)
N.Y. Rangers 2 Washington 1
Chicago at Calgary

TONIGHT'S GAMES
Philadelphia at Pittsburgh
Detroit at Columbus
Carolina at New Jersey
San Jose at Anaheim

NBA

PLAYOFFS
YESTERDAY'S RESULTS
Orlando 96 Philadelphia 87
Miami 103 Atlanta 93
New Orleans at Denver

TONIGHT'S GAMES
Boston at Chicago
San Antonio at Dallas
L.A. Lakers at Utah

Bruins bring their brooms

STANLEY CUP 2009 Playoffs

Michael Ryder registered two goals and an assist, as the Boston Bruins came away with a convincing 4-1 victory over the Montreal Canadiens at Bell Centre, sweeping their Eastern Conference quarterfinal series.

David Krejci posted a goal and a helper for the top-



Former Hab Michael Ryder celebrates his first-period goal.

Hab fans class up

The Bell Centre crowd remained almost silent for the U.S. national anthem prior to last night's Bruins/Habs playoff game after booing the anthem in the previous game. Coach/GM Bob Gainey had appealed Tuesday to fans not to boo.

seeded Bruins, who won their first playoff series since an opening-round triumph against Carolina in 1999. Phil Kessel also lit the lamp and Tim Thomas earned the win with a 26-save performance.

Andrei Kostitsyn provided the lone tally for the eighth-seeded Canadiens,

who have lost their last eight games dating back to the end of the regular season. Carey Price was beaten four times on 30 shots in defeat. The 2008-09 campaign was expected to be a memorable one for Montreal, which was celebrating its centennial season, but a promising start filled with

visions of a serious run at hockey's holy grail in hopes of a 25th title was followed by a second-half swoon and, ultimately, a bitter first-round exodus.

N.Y. Rangers 2, Capitals 1

Henrik Lundqvist made 38 saves to lead the New York Rangers over the Washington Capitals, 2-1, in Game 4 of their series at Madison Square Garden.

Paul Mara and Chris Drury tallied for the Rangers, who lead this set 3-1 and get their first chance to end this best-of-seven matchup in Washington on Friday. Alex Ovechkin notched the lone goal for the Capitals.

METRO NEWS SERVICES

For a recap of Game 4 Black Hawks/Flames series, visit metronews.ca



NBA 2009 Playoffs

Magic even series with Philadelphia

NBA Courtney Lee was the catalyst for Orlando, as the rookie recorded a team-high 24 points to help the Magic even their Eastern Conference quarterfinal series against the Philadelphia 76ers with a 96-87 Game 2 victory. Dwight Howard battled foul trouble, finishing with 11 points and 10 rebounds.

Heat 108, Hawks 93

Dwyane Wade finished with 33 points, seven assists and five rebounds, as the Miami Heat evened their Eastern Conference quarterfinal series with a 108-93 Game 2 win over the Atlanta Hawks.

For a recap of last night's Hornets/Nuggets game, visit metronews.ca.

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Varsity Reds player signs with Sharks

Kevin Henderson of the New Brunswick Varsity Reds men's hockey team has signed an entry-level contract with the NHL's San Jose Sharks. The six-foot-three, 208-pounder had 50 points in 28 games for the national champions. **METRO HALIFAX**

Huskies coach in TV spotlight

Steve Sumarah will be part of panel breaking down CFL draft for TSN

MATTHEW WUEST
matthew.wuest@metronews.ca

Steve Sumarah will make his national television debut on TSN during the Canadian Football League draft.

The Saint Mary's Huskies head coach will serve on a panel of analysts during the May 2 event alongside TSN personalities Matt Dunigan, Duane Ford and Glen Sutor.

"I'm a little nervous, but I can't lie, I'm a little intrigued by the whole thing," said Sumarah, who was named head coach in 2006. "It should be entertaining to say the least."

Sumarah said he has hours of video to review and is studying up so he will be sharp for the national audience.

After losing star quarterback Erik Glavic to the Calgary Dinos in January, Sumarah is knee deep in recruiting for 2009 and joked that the TSN gig

could help his cause.

"I'll go on there and say Saint Mary's about 9,000 times," he said with a laugh. "If you flick it on, even if it's for five seconds and I'm speaking, you'll hear Saint Mary's."

• Huskies receiver Darcy Brown is a good bet to be drafted. Brown, who projects as a CFL fullback, was a revelation at an evaluation camp in Toronto in March.

The six-foot-three 251-pounder excelled in strength and fitness testing and turned heads during 1-on-1 drills.

"I just got another call about him today," Sumarah said. "He's definitely going to be a draft pick."

Huskies running back Devon Jones became eligible at the last minute when it was revealed he red-shirted at a U.S. college in 2005. He has an outside chance of being picked, as does Halifax running back James Green of the St. F.X.

"If you flick it on, even if it's for five seconds and I'm speaking, you'll hear Saint Mary's."

Steve Sumarah

X-Men. Acadia Axemen receiver Matt Carter and X-Men offensive tackle Steve Myddleton are also drawing plenty of interest.

• The Huskies just wrapped up spring training sessions and new recruit Tristan Jones — Devon's younger brother and also a running back — made an impression.

The Jones brothers are sons of former CFL great Milson Jones. Tristan, who left Laval in training camp last year, is touted to be every bit as good, if not better, than Devon, who rushed for more than 100 yards per game as a rookie.

"He's pretty special, I can't lie," Sumarah said.



Saint Mary's Huskies head coach Steve Sumarah will serve on a panel of analysts during the Canadian Football League draft.

Sea Dogs forward joining Tigers

AUS The Dalhousie Tigers men's hockey team's latest recruit is Saint John Sea Dogs forward Shea Kewin.

Kewin, a Guelph, Ont., native who had 12 goals among 20 points in 29 games after joining the Sea Dogs as an over-ager at mid-season, joins P.E.I. Rocket goaltender Bobby Nadeau as part of Dalhousie's 2009 recruiting class.

The six-foot, 184-pound centre/winger played the first three years of his junior career in the Ontario Hockey League.

METRO HALIFAX

Sports in brief

AUS The Dalhousie Tigers women's basketball has added five-foot-nine forward Jessica Frison to its lineup. Frison, out of Notre Dame College in Saskatchewan, has played on her province's under-15 and -17 youth teams in recent years.

METRO HALIFAX

For more sports coverage, visit: metronews.ca



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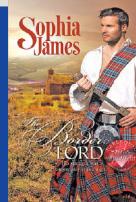
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Koodo
Shop

Halifax Shopping Centre

Metro Homes

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA



From TV to print

Colin McAllister and Justin Ryan, of Colin & Justin's Home Heist, will be on the covers of two May releases from Harlequin Books. Colin is seen here on the cover of The Border Lord, by Sophia James. Available May 7.

METRO NEWS SERVICES



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Cottages require love, too

DisasterDIY

**Bryan
Baeumler**

HGTV host

Bryan Baeumler is host of Disaster DIY: Cottage Edition, airing tonight at 9 p.m. on HGTV. Visit hgtv.ca/disasterdiy for streamed episodes and exclusive content.

Like cottage owner CB, most of us head to the cottage to relax, using "It's OK, it's just the cottage" as an excuse to avoid regular maintenance and much-needed repairs. Although CB's party deck off the front of the cottage had a roof, the floor had been built on an angle. The railings were

dangerously low, which presented the opportunity for a 12-foot fall to the hard ground below. The moisture sandwich of carpet, plywood and deck boards was rotting out from under them thanks to a leaking hot tub, and to top it all off, his prized sports car — parked under the structure — was in danger of having a roof-top deck.

I taught CB how to replace the support posts and structure of the deck to bring it up to code and make it level. I also taught him how to replace the decking to allow for drainage. We built railings that were not only up to code, but also allowed for a great view of the lake.

Bryan Baeumler is host of Disaster DIY: Cottage Edition. The show airs Thursdays at 9 p.m. on HGTV.

JON TATTRIE
for Metro Canada

The Halifax real estate market rarely booms, which means it rarely busts, making it a good option for first-time buyers, experts say.

"It is a good time to buy right now, because of the increase in the RRSP limit and first-time homebuyers' tax credit," explains Nora Landry of Century 21. "The other thing is the lowest interest rate we've had for as long as I can remember."

Hot spots for new buyers are Sackville, Eastern Passage, downtown Dartmouth, Forest Hills and Montebello. They can expect to pay \$150,000 for a semi-detached in Forest Hills or \$140,000 in Eastern Passage.

"If it's a young family, they're looking for schools and a family-friendly neighbourhood," she said.



Low interest rates make it a great time for first-timers to buy homes.

Lifestyle issues like whether buyers prefer to be near night clubs or nature, along with what sort of commute they'll tolerate, determine location.

Local amenities, level of public transportation and property taxes also factor in. "Basically, they're looking to see a safe return on their investment. They look in the newspapers and see everybody's scared to death on the stock market, so they want to make sure they're in a safe-investment neighbourhood."

Some buyers are less worried about purchasing fixer-uppers because they can take advantage of the home-renovations tax credit. "It doesn't make them decide to buy a house, but it certainly helps when they look at the overall plan," Landry says.

Terry Campbell of ReMax Nova finds many first-time buyers would love to live on the peninsula, but money forces them to the outskirts. Sackville, Timberlea, Forest Hills, Colby

and Eastern Passage are popular areas and real-estate newbies generally want to stay below the \$210,000 mark. That leads them to semi-detached and townhouses.

"They're really looking for new to 15 years old ... where they can stay for three to five years, build up some equity and then move on to the next property, which will be a little more what they're looking for," he explains.

The main motivation is to get out of renting.

"They'd love to be on the peninsula, but really it would only be the Hydrostone area. It's very elite as far as the first-time home buyers who want to get into a character home and have to do work."

Fresh from years in apartments, most new buyers shun condos, although some singles do take that route for convenience and the chance to live downtown.

THINGS ARE LOOKING UP: MORTGAGE RATES ARE DOWN.

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Do your homework: Experts

BRIAN COULTON
for Metro Canada

Owning property may cause renters to rejoice at the thought of actually having something to show for the money they're spending. But realtor Aphrodite Karamitsanis warns not to let that initial thrill become overkill.

"First-time buyers are very enthusiastic and sometimes very unrealistic about what they can afford and what they'd like to own," said Karamitsanis, the Calgary-based agent for Royal LePage Canada.

Completing one's financial homework — particularly determining down payment and monthly payments — is the most critical thing for first-time buyers to do before they begin even looking at properties, so they understand what they can afford, she said. Then, the first consideration should be "location, location, location."

"Sweat equity" is also something first-time buyers should consider when purchasing a home, she said. That's how much work one is willing to spend renovating areas of



First-timers tend to be enthusiastic about getting on the property ladder, Calgary-based realtor Aphrodite Karamitsanis says.

the home to build financial equity. Kitchens and bathrooms are the most expensive rooms to renovate, she said, so she recommends new buyers work from the bottom up. "If they buy a home with an unfinished basement, one of the best ways to build equity is to finish the basement."

Manual labour must be a labour of love when deciding to buy a home — the chief difference between owning a house and a condominium, said Toronto realtor Robert Doyle of Bosley Real Estate.

"With a condominium, you really only own what's behind your door and maybe a parking spot. The

whole benefit of ownership is being able to plant your garden and grow your grass and shovel your driveway in the winter ... the true Canadian activity of home ownership," he said with a chuckle.

The grass isn't the only thing necessarily greener with home ownership. Homes and condos alike are increasingly embracing eco-friendly technologies.

"There's definitely an advantage to buying green. We have the technology now that we can make things more efficient, safer and better for the environment, not only for ourselves, but for generations afterwards."

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Inviting birds to your backyard

HomeScape

Sylvia Putz

With gorgeous spring weather greeting me more often on these mornings, I am starting to watch the birds as they go about their springtime business.

And I'm well aware of what business that is. Last spring, my husband and I were awoken by the daily insistent peeping of baby birds at 6 a.m.

I am kind of looking forward to it. Kind of, because I do not normally rise that early, but the antics of a bird family is absorbing, interesting and quite often humorous. Maybe I'm getting old, but it's a lot better than some of the television shows I watch.

Besides providing a daily show of chirping, warbling, squawking and flapping about, birds also impart benefits such as eating mosquitoes. Yes, they keep early hours; yes, they can make a racket and yes, they can nibble on your own strawberries or sweet cherries. And yes, they sometimes build nests in places you may not prefer.

But these things can be managed. Besides, the pleasure they give by just being there is considerable. For most of us, there is also some satisfaction in providing a habitat that supports



Birds can provide a daily show as well eat pesky mosquitoes.

and nurtures birds.

Even if your yard is small, there are some basics to making your yard more friendly for birds. Put out the welcome sign by planting some suitable species. That means plants that will provide some of the basic needs that birds have: food, shelter and nesting sites.

To provide food, plant trees, shrubs and plants with berries or seed heads. Mountain ash, with its orange berries, is one tree that birds love. Other shrubs and plants that birds love for their fruit or berries are holly or mulberry bushes, flowering dogwood and Virginia creeper.

Plant flowers with seed pods such as coneflowers, black-eyed susans, sedums, sunflowers and asters. Don't be too quick to clean up garden waste, since twigs and leaves are used to build nests in spring.

When you choose trees and plants to populate your yard, stick to native trees which birds recognize and are familiar with, such as mountain ash, silver birch, hawthorne, crab apple and hazel. If you've got a large yard, larger trees such as oak and beech provide

habitat for birds which populate a higher niche in the canopy.

Untrimmed hedges of native species provide superior habitat to a wide range of birds. Plant climbing vines against fences and walls, increasing the amount of habitat.

If you put out birdhouses or boxes, be patient. Sometimes, birds are suspicious of something that looks new, and will only venture close when the box starts to weather. If you put out bird feeders, you will need to experiment with different seeds, as you'll need to discover what works in your area. Another important requirement for locating birdfeeders and houses is that they should be out of the reach of the huge number of roaming neighbourhood cats. Finally, birds need water as well, so a bird-bath, close to a bush or tree for those times when a quick escape is necessary, helps put out the welcome mat as well.

Then, you can sit back and enjoy the show!

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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RAFAEL BRUSLOW/FOR METRO CANADA

A home valued at \$350,000 could pay off as much as an extra \$1,000 a month if you turn your basement into a rental suite, says Income Property host Scott McGillivray.

Rental suite can be a great investment

RAFAEL BRUSLOW
for Metro Canada



Is your mortgage weighing you down and draining your monthly coffers? Maybe it's time to put that empty basement to work for you by turning it into a legal rental suite.

Scott McGillivray, host of the hit show *Income Property* on HGTV, says many homeowners, particularly first-timers, don't quite realize how much income potential lurks within their own home.

"A lot of first-time buyers don't even consider having an income suite in their home and everyone should consider it. It's a great investment for the future," McGillivray said.

With the right circum-

stances and proper renovations, a home valued at just \$350,000 could pay off as much as an extra \$1,000 every month with a good apartment unit, he says.

When looking for a home with income potential, don't go overboard, McGillivray says — choose practicality over fantasy.

"Be modest with what you can afford and be reasonable with what you really need. Don't be greedy," McGillivray said.

One of the biggest mistakes McGillivray sees homeowners make is trying to rent out a dingy basement apartment without renovating it. Invest some money, he says, and make your basement apartment somewhere you would personally love to live — it'll lead to better

tenants and higher rents in the long run.

"If you're going to rent out a space, make sure that it's up to your own standards. Don't expect people will settle for less than you would settle for. Rather than charging less, fix the place up so you can charge more. You'll get better tenants that way," McGillivray said.

If you're thinking of buying a home with some extra income potential, McGillivray suggests looking for a few things:

- A separate entrance. It allows for privacy and convenience.
- Good ceiling height. If it's too low for you to live in, it's too low to rent.
- Decent window sizes. Light is important and makes an apartment much more livable.
- Extra parking. A spot can be worth \$100 per month.

If the seller says the property is already tenanted, check to make sure and ask to see an up-to-date zoning permit for the apartment.

"Know what you're getting yourself into and don't make assumptions. Be smart and look into things," McGillivray said.

Be aware that many suburban areas don't allow rental apartments in private homes, so check to make sure having an apartment is legal before counting rental income in your home-buying calculations.

McGillivray hopes more people will consider using their home to generate extra income.

"It's all about taking action. If you can get your house to work for you, do it!" McGillivray said.



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No reason to fear the 'M' word, experts say

BRIAN COULTON
For Metro Canada



For most new home buyers that don't have the capital to fully pay for their property, the pleasure of purchase can be oft overshadowed by the dreaded 'M' word.

"A lot of people have the idea that a mortgage is actually the biggest debt of their life," said Bruna Anacleto, Toronto mortgage specialist for Royal Bank of Canada. "It's really not. It's an investment."

It's also the only property loan homebuyers can acquire, outside of one from family and friends. And the first step Anacleto recommends toward acquiring a mortgage is obtaining a pre-approval, which she said both qualifies you for the loan and gives you a sense of how much you're financially qualified to purchase.

"People tend to dream a little and think their financial situation is one way, but it might actually be another," she said. So before setting your heart on that \$500,000 dream home, a pre-approval will assess if you can really afford it. "You may think, with your salary, you can, but you're not taking into consideration your debt load."

And what qualifies as debt isn't always so apparent. Anacleto said most people don't know that a line of credit, for example, counts as debt, in full. "You may have a zero balance on that line of credit, but we assume that you've withdrawn the whole thing," she said. "The reason for that is because that's credit you can obtain at any point in time, so we want to ensure you can pay that back if that happens."

Paying back a mortgage over tens of years may seem like a daunting task. But there are strategic

ways to do it. Barry Rathburn is a mobile mortgage specialist for TD Canada Trust on Vancouver Island. He recommends accelerating your payment by paying an amount higher than the minimum required, that you feel comfortable with, to make re-

paying more flexible down the road.

"One of your benefits is that you can up to double your payments," said Rathburn. He offers the example of a minimum mortgage payment of \$295. A "comfortable" payment for a couple might be \$450. But what if that couple decides to have a child? "Now, \$450 is not a comfortable payment. Maybe it's a stretch," he said. "Having the privilege to increase and decrease your payment at will is a great financial planning tool to manage your cash flow."



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Food

All peppers start out as green and tart. As they ripen they turn first yellow, orange, or red depending on the cultivar grown.



Sweet

The darker they become, the sweeter and more mellow the taste.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Gems under the glass

À la carte



Barb Holland

metronews.ca/alacarte

After a seemingly endless winter, we look forward to warm weather and the first vegetables of the season: asparagus, early greens and rhubarb. But between those first crops (usually May) and the lingering winter storage vegetables (carrots, cabbage and squash), greenhouse vegetables are a welcome fresh taste — and locally grown.

As our short summers

limit the quantity of field vegetables grown, Canada has been at the forefront of greenhouse production for decades.

Greenhouse vegetable production occurs in every province, with Ontario, British Columbia and Quebec as the largest producers.

According to the B.C. Greenhouse Growers' Association, more than five varieties of tomatoes, sweet bell peppers, hot peppers, mini peppers, long English cucumbers, mini cucumbers and butter lettuce are grown under glass.

Vine-ripened and hand-picked, greenhouse vegetables are premium quality and virtually pesticide-free, thanks to the use of natural predators to control pests.



As always, read labels when grocery shopping to buy locally grown greenhouse vegetables.

As always, read labels when grocery shopping to buy locally grown greenhouse vegetables.

ture. Serve with grilled chicken or pork. Serves 6.

INGREDIENTS:

- 2 each red, yellow and orange greenhouse peppers
- 3 tbsp (45 ml) extra virgin olive oil
- 1 tbsp (15 ml) balsamic or red wine vinegar
- 1 clove garlic, minced

- Salt and pepper
- 1/3 cup (75 ml) crumbled goat cheese
- 1/4 cup (50 ml) torn fresh basil leaves

METHOD:

Cut each pepper into quarters, discarding seeds and stems. Place on a barbecue grill over medium heat. Grill until softened and just lightly charred, 15 to 20 minutes, turning as needed.

Whisk together oil, vinegar, garlic, salt and pepper to taste. Slice peppers into strips and toss with dressing in a large bowl. Place on serving plate, sprinkle with goat cheese and basil.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Liquid Assets

Peter Rockwell



metronews.ca/liquidassets

A great grape

What makes a particular grape

variety the darling of liquor store shelves? It's a question that wakes up winemakers in a cold sweat in the middle of the night and gives liquid scribes like yours truly oodles of analytical inspiration.

Lately I've been working on why consumers are so crazy about Pinot Grigio (a.k.a. Pinot Gris). After much thought, and more than a few glasses, I think the reason is two fold. 1: Being easy to pronounce and fun to say has literally put it on the tip of everyone's tongue and, 2: It produces simple, quaffable vino that sucks in consumers like a magnet draws metal.

When it comes to true Italian versions Voga's 2007 Pinot Grigio (\$13.95 - \$17.99) is lean, green and rounds all the classic flavour bases while coming wrapped in one the coolest bottle I've seen in ages.

Of course every country has jumped on the bandwagon and California's Barefoot Cellars Pinot Grigio (\$9.95 - \$11.99) in a non-vintage charmer that's packed with juicy fruit.

The way it quenches my thirst on a warm day is what I dig most about the grape. Try it with fresh melon, a little Prosciutto and maybe some mozzarella or Brie and you'll see what I mean.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyday's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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Tip of the Day: If you have a great ambition, take as big a step as possible in the direction of fulfilling it. The step may only be a tiny one, but trust that it may be the largest one possible for now. — Mildred McAfee



The way it quenches my thirst on a warm day is what I dig most about the grape. Try it with fresh melon, a little Prosciutto and maybe some mozzarella or Brie and you'll see what I mean.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyday's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

What to look for at the grocery store

"Fill your grocery cart with foods that are colourful because this means they are packed with nutrients — if it is from the farm eat it, if not, proceed with caution," says registered dietitian Helene Charlebois. METRO NEWS SERVICES

Lasagna: The sequel

Recently, Metro featured a super easy lasagna recipe from Barb Holland (visit metronews.ca/alacarte if you missed it) for cooks that are pressed for time. To jazz up your lasagna on the weekend, however, try something new.

This Martha Stewart recipe requires all store-bought ingredients and an hour's cooking time. You could substitute fried bacon for the more expensive prosciutto, or jazz up your store-bought sauce with sautéed mushrooms or other vegetables. Make sure you squeeze the spinach dry or the lasagna will be too runny. The lasagna pictured here was made with whole-wheat lasagna noodles. From Food Everyday magazine.

INGREDIENTS:

- 2 300 g packages frozen spinach, thawed and squeezed dry
- 1 (475 g) container ricotta cheese
- 1 garlic clove, minced
- Salt and fresh pepper to taste
- 2 1/2 cups (600 ml) store-bought pasta sauce



This Martha Stewart recipe requires all store-bought ingredients and an hour's cooking time.

- 4 oz (113 g) thinly sliced prosciutto, chopped
- 3 sheets fresh lasagna noodles
- 1 cup (250 ml) shredded mozzarella cheese

METHOD:

In medium bowl, mix spinach, ricotta, garlic, salt and pepper. Set aside.

In another medium bowl, mix pasta sauce with prosciutto.

Trim lasagna noodles to fit 8-by-8-inch casserole

dish.

Spread 1/4 cup sauce on bottom of dish. Place 1 lasagna sheet on top. Spread one-third ricotta mixture on top with fingers. Top with one-third pasta sauce.

Repeat twice.

Sprinkle mozzarella on top. Bake in 375°F oven 35 minutes until top is bubbling and brown. Let stand 5 minutes before serving. Makes 4 servings.

TORSTAR NEWS SERVICE

Don't bother with delivery

A quick and easy take on two family favourites — pizza and burgers combined into one. If you like serve with additional burger toppings, such as crumbled Canadian feta cheese, grilled mushrooms, sliced red onion or with a crunchy pickle on the side.

canadian mozzarella cheese
• 2 cups (500 ml) shredded Romaine lettuce
• 1 sweet pepper or tomato to chopped

lightly golden. Remove pizza from oven, top with lettuce and peppers or tomatoes. DAIRY FARMERS OF CANADA,
DAIRYGOODNESS.CA

METHOD:

Preheat oven to 425°F (220°C).

Heat a large nonstick skillet over medium-high heat. Add ground beef and brown, breaking up with a spoon, for about 5 minutes or until no longer pink. Remove from heat, stir in pizza and barbecue sauces. Spread meat mixture on pizza crust. Sprinkle with Canadian cheddar and mozzarella cheeses.

Place pizza directly on the middle rack of the oven. Bake for 8 to 10 minutes or until the cheese is melted and the crust is

Friday Night Cheeseburger Pizza Pie

INGREDIENTS:

- 12 oz (375 g) extra lean ground beef
- 1/2 cup (125 ml) pizza sauce
- 1/4 cup (50 ml) barbecue sauce
- One 12-inch (30 cm) pre-baked whole wheat pizza crust
- 1/2 cup (125 ml) shredded Canadian cheddar cheese
- 1/2 cup (125 ml) shredded



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Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

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Check out elleshow.ca for details on this weekend's fabulous fashion and beauty day!

SEAWORLD

Splash some fun in shades of blue



More cool spring looks will be showcased by Dennis Desro, ELLE Canada's editor-in-chief (fashion), at an event this weekend. She will give an exclusive spring runway report of the season's hottest fashion trends, from the jumpsuit to the wedge sandal. Check out elleshow.ca for details.

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Editors' Pick

FASHION STARS

Want to experience a runway show featuring the best of Canadian fashion? Check out the ELLE event this Saturday, where top designers, including Tavan & Mitté (shown), Renata Morales, and Marie Saint Pierre, will show their spring 2009 collections!



MAUDE ARSAUNAULT/MODEL—GIGI

HOT BEAUTY

Summertime means sexy sundresses, evenings on the patio — and a whole new beauty look. The objective? Sun-kissed skin with perfectly painted lips and lids in summer shades of rose and coral. But before you toss your trusty foundation and stock up on bronzer, learn how to do it right. At the ELLE event this Saturday, Val Garland, the artistic advisor for Yves Saint Laurent Makeup, and Jacquie Hutchinson, the national product trainer for Revlon, will outline summer's prettiest makeup trends — and how to achieve them.



YSL Palette D'Artiste Collector Powder for the Eyes (\$78)

Rice meets with Idol judge

Former secretary of state Condoleezza Rice thinks Randy Jackson is top dawg. When the classically trained pianist, 54, was in L.A. for her March 24 appearance on The Tonight Show With Jay Leno, she arranged to meet the American Idol judge, 52, for a private sit-down. [PEOPLE.COM](#)

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Ida Maria kicks butt

Ida Maria

Album: Fortress Round My Heart
Label: Mercury/Universal
Rating: 1/2



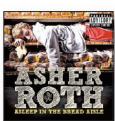
IT WAS STARTING to get too easy to be a pop singer. All you had to do to make the grade, it seemed, was take on a retro sound and a name like Duffy or Adele. So it was about time that somebody like Ida Maria, 24-year-old rocker from Norway, came along to kick some deserved butt. Her forthright approach — so wonderfully demonstrated on her first single I Like You So Much Better When You're Naked — has already hit the charts in England. There's a celebratory

charm to her off-key punk squawk that cuts through the crap on songs like Oh My God and Stella. She's the woman everyone wants to go out and get hammered with. Yet she also shows fragility on Keep Me Warm and desperation on Forgive Me. There's an attraction here that's unexplainable. Call it attitude, call it allure. Just give us more Ida Maria.

Graham Rockingham/for Metro Canada

Asher Roth

Album: Asleep in the Bread Aisle
Label: SRC/Universal
Rating: 1/2



FRAT BOY RAP? This CD would have been much easier to review if

MusicReviews

music@metronews.ca

it was by Weird Al Yankovic. But the satire contained in I Love College — Roth's hilarious anthem to white male hedonism — hits too close to the truth. Just ask Michael Phelps. For some, undergraduate life indeed seems to be all about smoking dope, drinking near-lethal quantities of booze, vomiting, passing out and bragging about all the naked women they almost met. Comparisons to Eminem are ludicrous, but come nonetheless. Roth, an unabashed suburbanite from a good middle-class home near Philadelphia, handles them deftly on As I Em. Although it's hard not to laugh out loud

with songs like Blunt Cruisin' and Bad Day, this is not a novelty disc. The music on tracks like She Don't Wanna Man, His Dream and Lion's Roar is just too good.

Graham Rockingham/for Metro Canada

Depeche Mode

Album: Sounds of the Universe
Label: Capital/EMI
Rating: 1/2

JUST BECAUSE THE '80s new-wave revival died out a couple years ago, it doesn't mean the bands who actually came from that era have disappeared. Sounds of the Universe is new-wave pioneers Depeche Mode's 12th album and it's another synth-



Norwegian rocker Ida Maria is forthright on her latest album Fortress Round My Heart, which is now available in stores.

heavy blast of brooding electro sounds. Like the band's past work this is a highly emotive effort with plenty of fuzzy distortion and passionate croons from singer Dave Gahan. Some might be surprised that nearly 30 years on

Not for sale

No evidence suggests Rafiq Qureshi tried to sell his young daughter, Slumdog Millionaire actress Rubina Ali, say police in India after an investigation.

[PEOPLE.COM](#)

these guys can still create a pretty great listen, but they've done it and show no signs of slowing down.

Bryan Borzykowski/for Metro Canada

Listen to this week's reviewed music at [metronews.ca/music](#)

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	9	9	9	CJCH	etalk	Hollywood	CSI: Crime Scene Invstgtn.	Southland (HDTV) (N)	Grey's Anatomy (N)	News (N)			
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	4	4	4	PBS-D	NewsHour With Jim Lehrer	Greater Boston	Basic Black	Appalachia: History	GetConnected	Business News	Squeeze Play	Market Call	
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	This Old Hse.	Auction	Michigan	MI-5		
	68	68	68	TQS	Rire et dérire	Chemin du golf	Loft Story	Un monde bête	Bus 152 (1997, Suspense)	Hannes Jaenicke, Stefan Jurgens.	110 pour cent		
sports	23	96	98	BNN	Business News	Headline	Market Call	Commodities	Pimp My Ride	Pass Time	Bullrun (HDTV)	Bullrun (N)	
	18	18	18	CNN	Situation Room-Wolf Blitzer	Lou Dobbs Tonight	On the Record	Appalachia: History	Pinks - All Out (HDTV)	Real Life "E.R."	In Real Life "E.R."	Falcon Beach	
	54	54	54	GOLF	Golf Central	PGA Tour Golf: Nationwide Tour -- South Georgia Classic		NHL Hockey: West Quarterfinal -- Red Wings at Blue Jackets		NHL Hockey	SportsCentre		
	52	52	52	RSE	Hockey Central	Jays	MLB Baseball	Texas Rangers at Toronto Blue Jays. From Rogers Centre in Toronto.					
family	55	55	55	SCOR	Hockey Talk	Game On	World Poker Crown	Score Update					
	45	45	45	SPD	Unique Whips	True Jackson	Score Update	Pinks - All Out (HDTV)	Bullrun (HDTV)				
	53	53	53	TSN	Off the Record	SportsCentre	NHL Hockey: West Quarterfinal -- Red Wings at Blue Jackets						
cable variety	43	43	43	FAM	Zoey 101	Life Derek	Wizards-Place	Han Monella	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	44	44	44	TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	Futurama	Hellboy: Sword of Storms		
	26	26	26	TREE	Ni Hao, Kai-lan	Big & Small	Backyardigans	Nght Grdn	Max & Ruby	Little Bear	Maggie-Beast	Comfy Couch	
cable variety	27	27	27	YTV	Drake & Josh	iCarly	True Jackson	H2O, Just Add	Malcolm-Mid.	Futurama	In Real Life "E.R."	Falcon Beach	
	16	16	16	A&E	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	The Beast (N)	
	70	70	70	APTN	News (N)	Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	Follow the River ★★ (1995, Adventure)			
cable variety	50	50	50	BET	106 & Park: BET's Top 10 Live Jamie Foxx. (Live)	Getting Played (2005, Romance-Comedy)	Carmen Electra.						
	37	37	37	BRVO	Street Legal	Camera	Snapshot	Bathroom Divas-Opera Star	McLuhan's Wake (2002, Documentary)				
	25	25	25	CMT	Karaoke Star Junior	Totally	Totally	Home Improve.	Home Improve.	Reba	Reba	Hop & Faith	
cable variety	49	49	49	COM	Laughs	Comedy Now	Air Force	Just for Laughs	Corner Gas	The Simpsons	South Park	VIP	
	153	153	153	COURT	Truth, Duty, Honour	World's Wildest Police Videos	Cops Uncut	Dumb Criminal	Navy SEALS: Untold Stories				
	38	38	38	DISC	How It's Made	Daytona Planet (N)	Global Warming: Challenge	Discovery Project Earth	MythBusters				
cable variety	34	48	48	HGTV	Holmes on Homes	House Hunters	Property Virgin	Holmes in New Orleans	Disaster DIY	Big Amazing	House Hunters		
	46	46	46	HIST	Go Deep In Istanbul.	NCIS "Lost & Found"	Ancient Discoveries	Go Deep In Istanbul.	NCIS				
	17	17	17	MM	Daddys Girls	Degrassi: TNG	The O.C.	Hooking Up	Technical Diff.	Daddys Girls	Degrassi: TNG	MuchTopTens	
cable variety	19	19	19	MM	mmpop10.ca	The Daily Fix	Ranked!			Metal Mania	Entourage		
	201	201	201	MT	(6:30) Lethal Obsession	(8:15) Baby Mama ★★ (2008, Comedy)	Tina Fey.	Boy A *** (2007, Drama)	Katie Lyons				
	48	23	23	OLN	The Amazing Race 7	Destinations	Fourchette	Club social	Envoyé spécial				
cable variety	51	51	51	PEACH	Seinfeld	Rides Graphic artist.	Overhaulin' (HDTV)	Wait for God	'Alio, 'Alio!	Trailer Park	Trailer Park	The Departed	
	206	206	206	PIX	(6) Being John Malkovich	Stargate SG-1	Star Trek: Voyager						
	57	98	98	STAR	etalk	Hollywood	UFC Unleashed	UFC Unleashed	TNA Wrestling (HDTV) (N)				
cable variety	56	34	34	TROP	What Happen?	What Happen?	Vanity Insanity	Inside Hollywood	Seinfeld	Seinfeld	Raymond	Family Guy	
	20	20	20	TV5	Que-champion	Journal de Fr2	Destinations	Fourchette					
	28	28	28	V	Mysterious Island	Murder, She Wrote	X-Weighted "Jill"	X-Weighted					
cable variety	60	97	97	VIVA	Mysterious Ways	Judging Amy	Most Haunted						
	22	22	22	W	Style by Jury	Style by Jury	Will & Grace	Divine Design	Confidential	Save Us-House	Divine Design		
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	Supernatural (HDTV) (N)				
cable variety	251	251	251	WGN									

critics' corner**Southland**

Art imitates life to some extent, as Tom Sizemore ("Saving Private Ryan") guest stars as a hard-partying actor who has star-struck Dewey (guest star C. Thomas Howell) wanting to play along instead of booking him, making Chickie (Arija Bareikis) second-guess her decision to be Dewey's partner. Ben (Ben McKenzie) opens up about why he wanted to be a cop in the new episode "See a Woman." 9 PM on NBC

My Name Is Earl

Earl (Jason Lee) discovers that he has wronged a minister several times, but his attempt to make multiple amends only leaves the man of the cloth struggling to forgive him. Ethan Suplee also stars in the new episode "Gospel." 9 PM on NBC

Boy A

It's based on a novel by Jonathan Trigell, but this 2007 drama may remind you of the real case of James Bulger, the British toddler slain by two 11-year-olds in 1993. Andrew Garfield ("The Other Boleyn Girl") plays a 24-year-old who committed a murder as a preteen. Freed from prison, with a new name and the help of a sympathetic counselor (Peter Mullen), he begins to rebuild his life ... until an act of heroism leads to the exposure of his identity. 10 PM on M1

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Karl Wolf Ft Culture - Africa

Flo Rida - Right Round

Bow Wow - You Can Get It All

Busta Rhymes Ft T-Pain - Hustlers Anthem 2009

Britney Spears - If U Seek Amy

Lady Gaga - Lovegame

3OH!3 - Don't Trust Me

Flo Rida - Sugar

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One month after 23-year-old Lauren Conrad announced that she was taking a hiatus from her upscale clothing line, the Hills star is launching a brand new apparel line for Kohl's department stores, people.com reports. METRO NEWS SERVICES

LC back at it

Celebrity Buzz

Gay marriage quip sparks defence

OPINION In light of Miss California slamming gay marriage, Britney Spears and Miley Cyrus have stepped forth to declare that they support gay rights.

"Love is love!" Spears, 27, said on her Twitter page Tuesday. "People should be able to do whatever makes them happy!"

Cyrus, 16, also Twittered to openly gay blogger Perez Hilton (who asked Miss California Carrie Prejean what she thought of

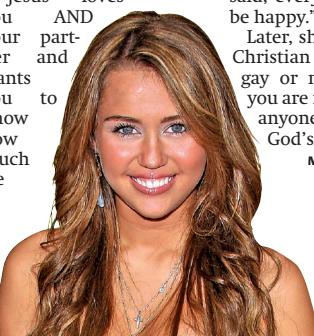
same-sex marriage during Sunday's Miss USA competition) after Hilton informed Cyrus of the high suicide rates among

gay and lesbian youth. "Jesus loves you AND your partner and wants you to know how much He

cares!" Cyrus said. "Like I said, everyone deserves to be happy."

Later, she added, "I am a Christian and I love you — gay or not — BECAUSE you are no different than anyone else! We are all God's children."

METRO NEWS SERVICES



LiLo's friends worried

PEOPLE More friends are voicing their concern about Lindsay Lohan in the wake of her split from Samantha Ronson, according to Page Six.

A source says the actress is "a complete and utter wreck" and has been partying hard and spending time with "a different man every night."

According to



METRO WORLD NEWS

Mike Tyson's tips for Chris Brown

ADVICE Mike Tyson has Chris Brown figured out. The former heavyweight champ, who was accused of beating girlfriend Robin Givens, was asked what he thought of 19-year-old Brown, who's accused of assaulting his girlfriend, Rihanna.

"My personal opinion about that is, he's just a baby," Tyson tells MTV News. "He's just a little baby by that don't know how to handle his emotions when it comes to a woman."

"And he probably hears this and thinks, 'I know how to handle my emotions.' We all think we do."

Britney to have day in court?

LEGAL Britney Spears is "crying out for help," femalefirst.co.uk reports.

The Circus singer is desperately trying to escape from her controlling father, her former attorney's lawyer told a Los Angeles court on Tuesday.

Jamie Spears — who took legal control of his troubled daughter's personal and professional affairs last year — is trying to obtain permanent restraining orders against the singer's former manager Sam Lutfi, attorney Jon Eardley and lover Adnan Ghalib.

The 27-year-old singer's legal team refutes the claims, calling the men predators who have patently threatened and continually harassed her. Eardley's lawyer Roger Diamond wants Britney to testify in court because he believes her father is holding her prisoner.

The temporary restraining orders

against all three men were extended until April 28, when the judge will hear rebuttal arguments before making a final decision. Britney is currently performing in The Circus Starring Britney Spears, her first concert tour in five years.

METRO NEWS SERVICES



METRO WORLD NEWS

Curvy Jessica hits the gym

PEOPLE Jessica Simpson — who battled scrutiny for her new curves earlier this year — is working out again. And she doesn't like it, people.com reports.

"On my way to workout with my trainer," she wrote on her Twitter page Monday. "Every time we have to do squats, and he

yells at me, 'Get lower like you're in the club!'

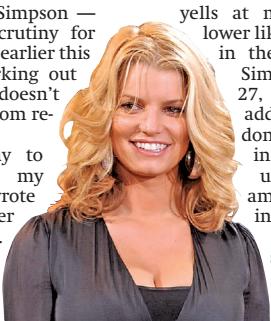
Simpson, 27, then adds, "I don't squat in the club unless I am peeing!"

A source tells us-maga-

zine.com Simpson is working with her longtime personal trainer Mike Alexander. Alexander told Fox News last month that the singer wasn't miffed at all the coverage surrounding her fuller figure.

"The whole thing wasn't as traumatic for Jessica as everyone made it out to be," he said. "She's a confident and naturally beautiful girl who works hard."

METRO NEWS SERVICES



Never been drunk, Paula maintains

PEOPLE Paula Abdul says she pills in the past, Abdul doesn't take prescription says, "Never. I've never drugs — and she's never been drunk in my life. I don't like it. It's not my thing ... Will not take those drugs. And you can check my medical records — there is nothing like that."

Asked by Cynthia McFadden about her loopy on-air behaviour and rumours of her taking



METRO NEWS SERVICES

Double standard for drinking: Lily

PARTYING After she released her 2006 debut, Lily Allen worried that she might have ended her career prematurely because of her hard-partying ways.

"I took a bit of a beating the first time around. I became more famous for being a train



METRO NEWS SERVICES

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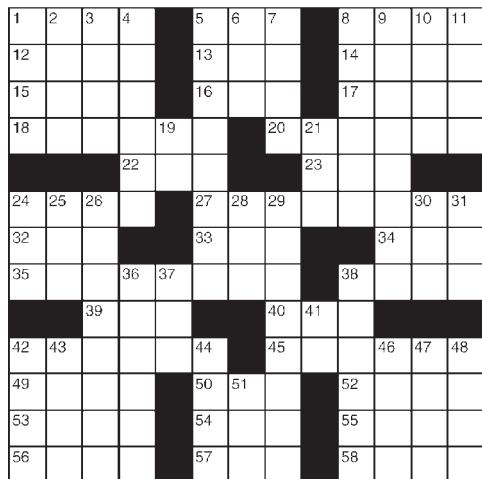


Today
Partly sunny
10° / 5°

Friday
Partly cloudy
14° / 5°

Saturday
Sunny
18° / 7°

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- 1 Mid-May honorees
 5 Ref
 8 Unadulterated
 12 Grand story
 13 D.C. type
 14 Mimicked
 15 Crosby, Stills and —
 16 Ferrigno or Costello
 17 Secondhand
 18 Occurring last month
 20 With tenderness
 22 Vast expanse
 23 Nipper's co.
 24 Start of something big?
 27 Lisa, to Marge
 30 Tear
 31 Kreskin's claim
 32 33
 35 36 37
 38
 39
 40 41
 42 43
 44 45
 46 47 48
 49 50 51
 52
 53 54
 55
 56 57
 58

Crossword down

- 1 Carte
 2 October stone
 3 Atomizer output
 4 Division
 5 Transferred files
 6 Cattle call?
 7 Advertise
 8 Potbelly
 9 Buffalo resident, e.g.
 10 Fishing rod accessory
 11 Whirlpool
 19 Yours truly
 21 Work unit
 24 Sphere
 25 Compete
 26 In the ascendant
 28 Enzyme suffix
 29 Riot
 30 Type squares
 31 Same old same-old
 36 Bring about
 37 Caustic solution
 38 Allow to happen
 41 007's doctor foe
 42 Totals
 43 Condo, e.g.
 44 Oxen's joiner
 46 Boat's bottom
 47 Packs away
 48 Stratagem
 51 Ginormous

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

CAMP	CAP	ASAP
AMIR	UGO	DICE
SIMOLEON	AMMO	
KNIFE	DAMPEN	
I	DEA USE	
JUST	AGAR RIB	
ASI	Drama ERA	
BAM	ANTIGRAY	
PAN	EDGE	
BELUGA	ANGLE	
ODIN	SIMMERED	
RIFT	TO READ	
KEYS	ANT AWRY	

8	7	3	4	1	9	5	6	2
4	9	6	2	8	5	1	3	7
5	3							
9								
8	9	6						
	2		9					
	7		2	1				
			1					
3		4	8	6				
2	6	1	7	3				

Find today's answers + play more games at metronews.ca**SUDOKU SOLVE TIME:**

- Under 13 minGenius
 13-17 minScholar

17-21 minSmart

21-25 minNot bad

25+ minKeep practising

Horoscopes**ARIES****MARCH 21-APRIL 20**

Deal with health issues one at a time. Jealousy makes you laugh. Count your blessings in an unbelievable situation.

TAURUS**APRIL 21-MAY 21**

A lazy person reveals deep-seated greed. Play it safe by speaking out. Limit your involvement with a sneaky old friend.

GEMINI**MAY 22-JUNE 21**

Be bold to defeat bashfulness. Trust affection to win over a friend. Say goodbye to a painful past.

CANCER**JUNE 22-JULY 22**

Pardon an annoying coward who left a mess. An insulting accusation creates anxiety. An astounding dream leads you to good fortune.

LEO**JULY 23-AUG 23**

A problem will be solved if you play it cool. Defenses cause your fight-or-flight mechanism to engage. Don't let a bad phone call ruin communication.

VIRGO**AUG 24-SEPT 22**

Try to hide some slobby personal habits. Unexpected demands widen your perspective. Change your tactics when mercy is shown.

SAGITTARIUS**NOV 23-DEC 21**

A sentimental person exposes a new passion to you. Don't judge someone who lives in despair. Shake off your qualms by learning the facts.

CAPRICORN**DEC 22-JAN 20**

Gambling causes a breach in a weak relationship. A shameless person is enthusiastic. There's a pointless argument over a ridiculous rule..

AQUARIUS**JAN 21-FEB 18**

You won't want to heed any cries for help. An oddball gets ignored in public. A judgmental woman ridicules signs of growing older.

PISCES**FEB 19-MARCH 20**

A youngster wants you to take charge. The odds can be beaten. An entertaining adventurer attracts attention.

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WORDY GURDY

1. Chef/TV host Rachael's word string (1)

2. H when spelling the body's "icker" (1)

3. Campus area lightning attractor (1)

4. Bore into a window ledge (1)

5. Wrist timepiece's indentations (2)

6. Flunking yachting (2)

7. Atlas page creator's candy coverings (2)

BY TRICKY RICKY KANE

Even anglerfishes fitting pain around their PAR CAP

and DOUBLE TROUBLE, and

they will fit in the letter

squares. The number after

the definition tells you how many

syllables in each word.

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ANSWERS ON PAGE 19

BY RAYMOND CHANG

ILLUSTRATION BY JEFFREY LEE

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